TRAINING THE BODY AND BRAIN TO WIN

WHAT IS DISSIPATION

By FREDDIE WELSH GHT-WEIGHT CHAMPION OF THE WORLD



not dissipating in

sense. While the average length of

years of age and a little over are

heart and circulatory system. Why

that period under six feet of earth.

Getting Angry Is Bad Form of Dissipation

Your mental attitude has a good deal to do with the question of dissipation.

There is no more

By FREDDIE WELSH. Light-weight Champion of the World ! (Copyright, 1915.)

dissipation? In many cases simply recreation gone wrong. s out for a good time, but if over the country shows what a dissi-wrong kind of a good time pated nation this is, in the broader is a bad time, and it does him harm life has been increased through instead of good. And even when it "saving the babies" campaign. is the right kind of a good time one through sanitation, yet insurance companies and others dealing with statistics show us that men around fifty

And when is recreation rec-dying faster than ever, especially with And when is it dissipation? degenerative diseases of the kidneys, by its effects. Any true ends to build up the body prime of life the vital forces. Sports down some of the cells of The fact is that millions of people are uses up energy, but it simply committing slow suicide in this way it re-creates you business man will do more business February 22; the Grand Prize on February is where the and better business if hours a day to business and four hours. The course is complete and turned over

a that a waste of energy in any stitutes dissipation. And 1 noticed that some of those who more dissipated than those they mit, but in other ways. a common thing, when speak-

too well," and sometimes more so. ics energy to digest food, food is right you will get well, the right thing to do is to seep out of a fight, unless it happens that if you get angry you are likely to get the worst of it. It sometimes happens that one is forced into a fight.

"Well, the right thing to do is to seep out of a fight, unless it happens it happens."

A year ago such cars as these would have been able to make short work of the American racing contingent; they demonstrated this at Indianapolis, but such is not the case this year.

course alcohol means dissipation, so does lea and coffee drinking his head and strict self-control. Brains count in fighting the same as elsewhere why, in a boxing bout, the man who gets angry will really whip himself. It is a favorite plan of some boxers to try and nettle their opponents, the "Temperance" woman who make it easier to be than not continually does here aven more harm by drinking a goes, so as to make it easier to get the best of them. Besides, anger uses up so much nervous energy that the man who is the man who gets and the man who gets and nettle their opponents, to "get their goat," as the saying goes, so as to make it easier to get the best of them. Besides, anger uses up so much nervous energy that the man who goes and subseam teams, but outlasted them and wore them down. In both these races the Americans also showed apility to make speed for longer bursts, using less gasoline and oil, and be really more dissipated. aiready knows the truth about want to use my space to things about dissipation we not siready been said a mil-

be built up things, and soon would get into cirof Dissipation

whether you lose sleep! ou are using up your energy of good sound sleep tion when they are carried beyond a newal. he far more wide awake matter so much when you generally it is a good plan rongest constitution.

Over-work is one of the most com-

man who ever-works himself continually gradually undermines his harm.

Neil McFadden, substitute of last year, also will be available.

Even should De Palma and his new of last year, also will be available.

Capt. Wally Howard, "Speck" W.

tion of available energy. And beyond giving you both physical and mental an altogether new model, built also for that point one's productivity decreases. There is nothing like the folly and stupidity of over-work. Any one who stops to think will see in a flash that of the ordinary objectionable types is also be in the race to win. Their drivers stops to think will see in a hash that of the ordinary objectionable types is also be in the face to will. Then the face to will be also be in the face to will be also be in the face to will be likely even to disregard orders and compared to do tenth-class work than the helps them to stand it. The same to do tenth-class work by trying to waste of energy under unpleasant cirkless was also be in the likely even to disregard orders and the waste of energy waste or the waste of energy waste or the waste of energy waste or the waste or th to do tenth-class work by trying to waste of energy under unpleasant cirwork twenty-four hours every day.
Cut it out, Bill. What would you think
much quicker. of a Marathon runner who started out to sprint, and used himself up so

Vanderbilt Cup Race Tomorrow and the Grand Prix February 27 Are Greatest Sporting Events Which Feature the Panama-Pacific Exposition

All Set for Greatest Vanderbilt Race!

Big European War Has Limited the Automobile Road and Track Races to This Country.

FOREIGN CARS ENTERED

one way or another.
The poor health
that is common all Classy American Drivers Will Make Sincere Effort to Keep De Palma from Winning.

With the European war positively limiting all 1915 automobile racing to the roads and tracks of America, unusual attenthe vital forces. Sports

It is largely because of dissipation for instance, usually do in these forms that I am speaking of, in cating, overwork, excitement and in may involve activity other ways not commonly thought of ama-Pacific Exposition in San Francisco. Within the gates of the world's great est exposition, the greatest road classics way as to stimulate new cells and more by a healthy life. I believe that any

hours a day to business and four hours to the cells and is not this building up process, dissipation are other forms of disside must be are other forms of dissipation. The are other forms at recreation. The are other forms at recreation. The tempts at recreation. The are waste of energy in any which is scheduled for the ten days pre-ceding the first race.

Plenty of Foreign Cars.

terrible form of dis-sipation in the world than the habit of getting angry. And the next thing

having a high old time all night long. But the man who gets cats Kind supportion. But the man who cats too much is just as dissipated man who drinks "not wisely well," and sometimes more so, the world over I believe that as much dissipation in eathers is in drinking. The man arworks his stomach, either by the man good to get angry. Self-control is the mark of strength and manhood Even in a fight, it is a missipation that is indigestive orthless, is wasting his entitled to the self-control angry be would not take to get angry. You might say that if one were not angry he would not the firing nne, acting as chauffeurs for Gen. Joffre and the other leaders, allies and Germans, their fastest cars remain in the United States and have been entered in the exposition about something. I said "mad" intentionally, because getting angry is about as close to madness or insanity as anything I can imagine. It never does you any good to get angry. Self-control is the mark of strength and manhood. Even in a fight, it is a missipated to the secans notable improvements in wind-splitting celerity by their own daring driving

of eating.

alcohol means dissipation.

tea and coffee drinking.

contained in tea and coffee and coffee drinking.

contained in tea and coffee drinking.

contained in tea and coffee drinking.

growler" every evening, really more dissepated wrong. I will not waste to because everyknows the truth about want to use my space to things about dissipation.

Werry Is a Worthless without a stop in the entire flight of more than 300 miles. This performance of more than 300 miles. This performance without a stop in the entire flight of more than 300 miles. This performance without a stop in the entire flight of more than 300 miles. This performance without a stop in the entire flight of more than 300 miles. This performance weak. It is "the limit" bursts, using less gasoline and oil, and stopping less frequently for changes of times. At both the California meetings mentioned one of the American cars—each time a Maxwell—went through the race without a stop in the entire flight of more than 300 miles. This performance without a stop in the entire flight of more than 300 miles. over-work, it is still ance was also approached by Cooper, the far better to over-star driver of the Stutz team, and by work than to worry. Pullen, the Mercer's "Number 1" pilot. If people who worry would use up None of the foreign cars in the race half of the energy that they dissipate showed anything like the consistency and in that way in actually doing some-thing, they would accomplish great

designed for the horse racing. Form action There is over mothing to worry about Anyway, most study, for instance, who calls himself who calls himself who calls himself who calls himself simulants of any kind, get your small enough to be eligible to the Indianger of the first time and unconstructed and soon would get into circumstances where they would have constituted dissipate constitutes dissipate co mostifutes dissipate to there is over-some or the surface of the first line an uniform to the states of the states study of relaxation. I am giving away a little secret when I say that such against several cars of at least twice the motor size, his ability to keep a car of relaxation. You are dissipating to extreme speed. They cannot all start favorite in the first event.

Another feature which will attract which will attract the will attend to the control of course all depressing emotions and all forms of extreme mental excitement are weakening.

Exciting pleasures become dissipating the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of at least twice the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to keep a car of the motor size, his ability to study of relaxation. I am giving away De Palma wil be racing, in both events, Another feature which will attract an hour; many of the drivers will unfew things about physical trainment are weakening
health. The fact is that if
Exciting pleasures become dissipation the trophy, if successful in the 1915 re-

sational or exciting

reading, or very ex-

ried Too Far. Is Dissipation

An Anxious "Come Back."

citing plays, in that the Italian driver way may constitute real catastrophe by his opponents, as the senerally it is a good plan just as serious dissipation for persons of delicate health or weak nerves as anything else that the company to make for what good purpose it is attended by pleasure is beneficial. But when there is too much excitement attached to it, it deputies the company weaken in the company to sipation for persons of delicate health or weak nerves as anything else that classics. It is, of course, possible that anything that is attended by pleasure is beneficial. But when there is too much excitement attached to it, it to makes a wreck of the persons weakening. just as serious dis- there would no longer be a trophy to becomes weakening.

However, don't think that I mean that one should not have a good time. Have as much of a good time all the whoever may turn out to be winner, it who sight hind will not be De Palma. There is no instipation in America.
In Europe men and women are not so restless, and while they seem to get things done just about as well they about as well they need to get about as well they need to get about as well they need to get about as well they need to general proposition. Follow your instincts, if they are normal. As one of more than the stincts of the stincts are normal. As one of the stincts is pleasant to propose the stincts of the stin do not kill themselves doing it. I they are normal. As one of the document of think that when you try to do too much you soon get into a condition makes the blood circulate. Happiness to the utmost all the native craft for the party of the transfer of the party of the transfer of the t

and by losing sleep counterbalance the turers who support teams, will be rep-benefit. Dancing is a good exercise, resented at San Francisco by cars of giving you both physical and mental an altogether new model, built also for Bischoff, Wilbur Hildebrand, "Bugs"

Course Chiefly Asphalt. duickly that he could not run the last twenty miles of his race at all. Well, life is a long distance race. You come back to the United States. He has opposed to the years that are yet to come. Keep strong and fresh, so that you can keep yourself at the top standard of your work.

So you see that the fact that you are behaving yourself in a moral sense to recipite him.

An Anxious "Come Back."

Chicago, Feb. 13.—Jack Johnson is anxious to come back to the United States. He has opposed to respect to the vanderbilt contenders did on Long Island in the early days, and at Elgin recently—or over a dirt course to strike a bargain for his home-coming. District Attainments the Vanderbilt contenders did on Long Island in the early days, and at Elgin recently—or over a dirt course to strike a bargain for his home-coming. District Attainments the Vanderbilt contenders did on Long Island in the early days, and at Elgin recently—or over a dirt course to strike a bargain for his home-coming. District Attainments to the Vanderbilt contenders did on Long Island in the early days, and at Elgin recently—or over a dirt course at liberty to disclose the agents name."

Mr. Clane said. "No bargain was made. If Johnson comes back from Europe we will be here saidy to recently a present."

mean that you are

Despite fears to the contrary, both road

on mon thing, when speakspeation, to think of getting drunk and
having a high old
time all night long
to it is worry. Why, the man who gets
drunk every Saturday night, fool that
to the firing line, actline all night long
to it is worry. Why, the man who gets
drunk every Saturday night, fool that
other leaders, allies and Germans, their
factoric care remain in the United States

if one were not angry he would not tight.

May Be Last Vanderbilt. Such a victory by the German car and

to stop worrying is to get away from and has a wonderful night-speed motor. The constitution of any kind, get your small enough to be eligible to the Indian-speed motor. The exposition authorities with the mile track at one end and the profusion. The exposition authorities profusion. The exposition authorities profusion authorities profusion authorities profusion authorities and build limited to cars of 200 cubic inches piston promise to remedy such a condition by a the two cight-anglest at the other.

buildings. The straight stretches in close most of the main buildings of the exposition, both right-angled turns These right-angled turns are, in the eyes of the drivers, the only drawback exposition,

er degree. They are the only points turn trip, there is more than a mile nues, lined with palms and with the Pacific Coast, many of whom of the course, however, where brakes must be applied, and gears changed.

detour must be made and then straightaway to the "hairpin turn." From here the course lies through the state section and back on the mile track.

The map shows the course of the Vanderbilt Cup and Grand Priz races at the Panama-Pacific International Esposition. The start will be from the mile race track at

the west end of the exposition grounds. The course runs along the state and foreign sections to the "hairpin turn," then along the Avenue of Palms at the side of the subibit

palaces, then to a right angle turn at the Palace of Machinery, thence to a second right angle turn at the Palace of Mines and along the Esplanade. At the Column of Progress a

in the elements of hazard and in the the exposition, both right-angled turns opportunities for speed the exposition to extreme speed. They cannot be taken at a rate of faster than forty-five miles a continuation of Fillmore street.

Industrial the cross will also with a second of persons will also with a second of turns opportunities for speed the exposition, february 30. That they cannot be taken from the main highway that is virtually course is sure to supply, in the judg-tage along the line. Arrangements are they will be accorded attention far ment of all the speed experts who have

NATIONS.

BEFORE

dightly down grade, where a driver opal-tinted exposition architecture tower- ago, made their arrangements to be an put squarely benind him the beauti- ing above, makes it easily the hand- present.

employed by each team. Here also are the stands for the timing, scoring and other officials.

The Vanderbill and Grand Prize will be the first of the long series of special other officials.

Thousands of persons will also watch events, scheduled to follow the opening of being made to entertain a crowd of over greater than they have ever received be-

Two Straightaways.

Some of Known Schoolboy Athletes on Club Roster-Manager Carter Is Looking for Games.

The members of the Lincoln A. (

baseball team were measured for their new uniforms during the past week they will start outdoor practice t The Lincolns will be represented on the diamond this season by most of last year's crack nine and by severa other players of unusual ability. outfield. In this trio the Lincolns ca boast of the best corps of outfielders in this section. "Nick" Carter and Neil McFadden, substitute outfielders inually gradually undermines his herrous system, until he cannot work and cannot even sleep. He tells his decreous system, until he cannot work and cannot even sleep. He tells his asleep and half asleep when he is a sleep and half asleep when he is asleep and half asleep when he has to drop his business entirely and go away to recuperate. It does not pay. Efficiency is the keynote of today your work should be based upon the principle of "not how much but how well." Up to a certain amount of work one can do work. It is purely a questional description and by losing sleep counterbalance the benefit. Dancing is a good exercise,

Neilson, and Charley Offutt will again be the Lincoln mound artists, and all these boys showed class last season every time they were called upon.

The schedule, which will be announced later, will include many good games. The Lincoln initial engage-ment will be against Gallaudet College, with whom a series has been ar

Manufacturers of Baseballs Not Bothered a Bit by War

Manufacturers of baseball sunplies are laughing at a report which has gained circulation to the effect that the national sport will be seriously handicapped next season due to an insufficient num-ber of baseballs for major and minor league use.

According to the report the hide of the Siberian pony was the only leather suitable for baseball covers supply of skins the world's series might have to be played next Oc

Investigation showed that plain everyday American horsehide in the only skin used for covering baseballs and that there is the usual supply in sight. This hide

EASTERN REGULARS WIN.

Reserves Beaten in Fast Banketball Game by 22 to 17. The Eastern High School Regulars defeated the strong Reserve team of the same school in the Priendship gramasium resterday in a hard fought game, 22 to 17. The regular team had more than is hands full disposing of the reserve five, and should the reserves shoot a few more baskets in the future they are bound to give the other teams of this city a run for the money.

In America and Macgisson the latter quint have two forwards who are hard to cover, and any time these men get away they are bound to annex a few points to their team's total. Should these teams meet again, which is possible, a good contest is exjected by all. Line up and summary:

Eastern Regulars. Position. Eastern Reserves.

CLAIM JACK JOHNSON NOT IN BEST OF SHAPE

Heavy-weight Champ Due to Arrive in Mexico Today for Fight with Willard.

El Paso, Tex., Feb. 20.-The activity in fistic circles today was disturbed by rumors that Jack Johnson is not in the best of condition for his championship bout with Jess Willard, and that the big black will not be able o enter the ring on March 6 in tip-

op shape. While the average public puts some tock in these reports, the wiseacres n the game do not view them with any degree of alarm. They say that down the odds on the fight. Johnson is a big favorite in the betting—the odds being almost prohibitive—and the consensus is that reports of John-son's condition are being circulated that the gambling element can get some adequate return for the odds they are offering.

All is ready for the coming of the champion. His camp, where he will

Holmead A. C. Wins. olmend Athletic Club defeated the Good Church team last night in their own Byelts Shepherd Church team last night in their own grandsium. If to 16. The feature of the game was the good work of Carr and Joyce, of the winners, and Thicle and Parker, of the lesers, LineNew Way to Train Pitchers Scheme of Columbia Coach. New York, Feb. 20 .- John Mc-

Graw and Bill Donovan would do

well to have a talk with Andy Conkley before they put their pitchers through a boiling out process in the South. Conkley is couch of the Columbia University nine. and bothersome academic, regula-tions prohibit the taking of a long spring training trip in the South. Coukley pondered long, and he thinks wisely, for yesterday he hit on a scheme which he says will make the Columbia pitchers glut-tons for work. If they blow up he says it will be Jim Rice's fault. Conkley nusigned Jim O'Neale, the Columbia captain; Eddle Shea. his other more promising pitchers to the tender mercies of Rice for the rowing machines in the crev room. Rice did as he was bid, and the pitchers tolled and perspired they awung through atrokes. Conkley thinks rowing will develop the staying powers of his twirlers. Rice doesn't see how Conkley's plan will work out.
"Crewn," said he yesterday, "blow
up at the third mile, but who ever
heard of a pitcher blowing up after pitching three miles. Anyway,

Junior Preps Win.

Conkley's oarsmen as a whole are

getting away with the third straight viets the Chery Chase School, Z to D, t retown Junior Preps have established qui nord for boys and it will be a long time t it is bettered. Wise, at center, for it, netted more than balf of his team's point his exceptional good goal shooting, havin Geo. Jr. Preps. Position. Chery Consultation of the Printer of the Graham Goals from floor Weaver (1), Holloham, Wise (2), Aries, Anderson (2), Jeffries (2), Pittier, Dausen Free toxes Daws (4), Weaver, Referee Mr. Sherman, Georgetown U. Time of halten-15 minutes.

TURNER SURE TO FIND **KILONIS TOUGH RIVAL**

Clever Wrestlers Will Meet on Gavety Theater Stage Here Wednesday Night.

When Manager Peck, of the Gayety Theater, secured the signatures of Joe Turner, the middle-weight champion of the world, and John Kilonis, the big Greek for next Wednesday night, he ar matches for this city in a decade. It might be remembered that in their last meeting Turner gained the first two falls after several hours of the hardest and roughest mat work seen in this city, and with the chances of this very stunt being pulled off at the "home of the Grappling game" a large and enthusiastic audience will turn out for the occasion.

Turner blus been after the Greek for a

long time now, trailing him through sev-eral States, but without avail. At last he has Kilonis hooked, and Manager Peck lost no time in arranging for the contes between these men. Last week Kilonie took "Bull" Montano on at a local theater and disposed of him in quite easy fashion, though the "Italian wonder" did

The wrestling match will go on immediately after the regular performance, and will be catch-as-catch-can style. Kilonis, through his recent engagement s now in tiptop form, and though Ture ner, the local boy, has been in training for a long while expecting the match, he will have no easy matter in disposing of the Greek favorite. The third man in the ring has not been named yet, though t is expected that one of the local sport

New Haven Girl Golf Winner.

Yale's Strong Man in Hospital.